

What types of dance are there?



I love to dance. Dancing involves moving my body to music.

I try to feel the music and match my body movements to the rhythm of the music.



There are lots of different types of dance. Some of the most common types of dance are ballet, tap, jazz, hip hop, and ballroom dancing. Some ethnic or cultural groups also have their own type of dance, like Latino or Aboriginal dance, or belly dancing. Each dance type might use different music and body movements.

Dancers practice for a long time to improve their dancing skills.



For some types of dance people wear special clothes, like tap dancers who wear tap shoes. Ballroom dancers often wear a ballroom dress or suit to perform. Ballet dancers often wear ballet shoes and leggings, a leotard, or a tutu. Some dance types are very fast, energetic, and happy, like jazz and tap dance.



I like that there are lots of different types of dance. I can choose what type of dance I like the most and try that.

Dancing is fun!



**For more stories and information on making dance accessible for everyone
please visit : www.allplaydance.org.au**



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